



POMNI Factsheet

Lisburn and Castlereagh City Council

Introduction

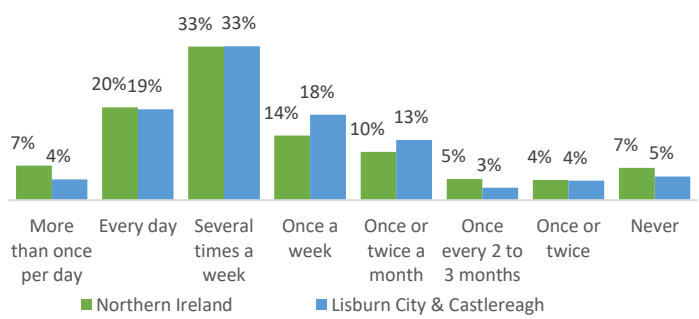
This factsheet provides the key results from research undertaken in the Lisburn and Castlereagh City Council area as part of the [People and the Outdoors Monitor Northern Ireland \(POMNI\)](#) survey which was undertaken between November 2020 and October 2021. The survey used an online approach to obtain responses from a representative sample of the Northern Ireland population. Note that given the sample size (n=292) results for this area are accurate to around +/-6% at the 95% levels of confidence.

Summary of key findings

On average residents of Lisburn and Castlereagh take outdoor recreation visits at a similar level of frequency to the Northern Ireland population average. The highest proportions of visits involve time in urban greenspaces and on paths and cycleways. Also 45% of visits involve a short walk and 26% involve dog walking (both higher than the NI averages). While exercise is the most common visit motivation for residents of this area, a wide range of benefits are obtained from participation including nearly half relaxing and unwinding. Residents of this area are more likely than the Northern Irish average to rate the accessibility of their local greenspaces and paths positively.

Time spent taking part in outdoor recreation

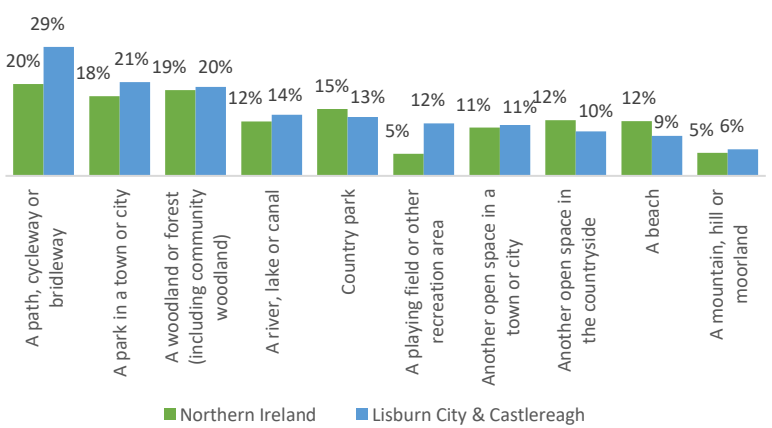
Normal frequency of visits to outdoors for recreation in last 12 months:



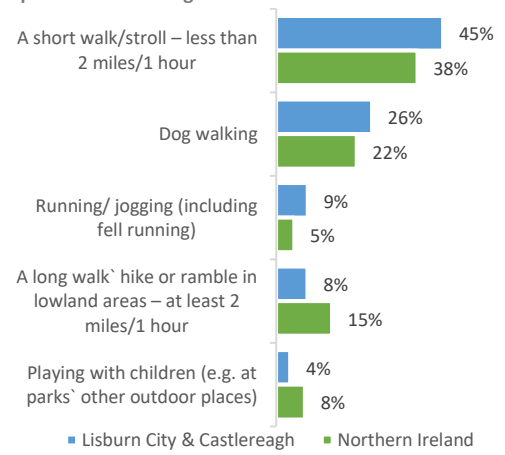
- **75%** of Lisburn and Castlereagh residents normally visited the outdoors at least once a week, similar to the 74% average recorded across the whole of Northern Ireland.
- Lisburn and Castlereagh residents took an average **2.9 visits** to the outdoors per week, equal to the Northern Ireland average (2.9).
- Compared to 12 months ago 25% of the area's population had increased the amount of time they were spending outdoors while 36% had decreased time outside. This represented a net change of **-11**. By comparison, the average net change across Northern Ireland was similar at **-13**.

Profile of participation in outdoor recreation

Places visited during outdoor recreation visits:



Top 5 activities during outdoor recreation visits:



- Lisburn and Castlereagh residents were more likely than the Northern Ireland average to visit paths & cycleways, urban parks or playing fields during outdoor recreation visits. Similar to the Northern Ireland average, the most frequently undertaken activity was short walks of less than 2 miles/ 1 hour (45%) while 26% involved dog walking and 9% involved running or jogging.
- The average outdoor recreation visit taken by Lisburn and Castlereagh residents lasted **2 hours**, slightly shorter than the Northern Ireland average (2 hours 8 minutes).

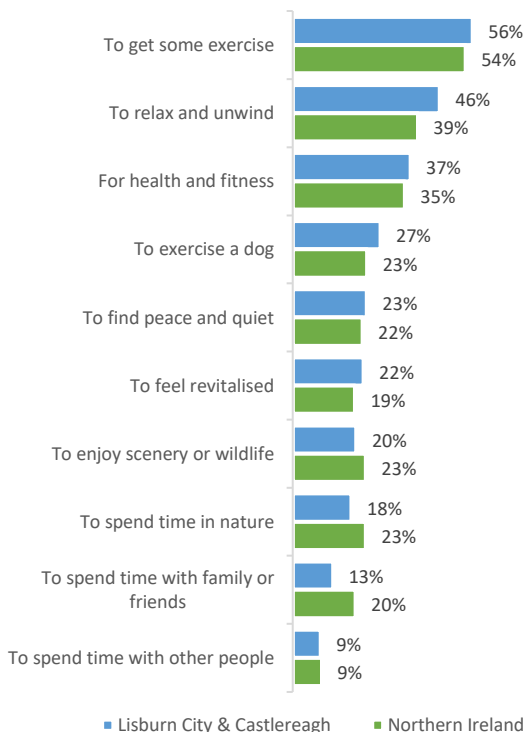


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Benefits of participation in outdoor recreation

Top 10 reasons for taking outdoor recreation visits:



- Lisburn and Castlereagh residents most frequently took visits to the outdoors to get some exercise, to relax and unwind, for health and fitness or to exercise a dog.

Physical health:



- 29% of Lisburn and Castlereagh residents met the CMO's physical activity guideline through outdoor recreation (at least 150 mins of moderate activity/75 minutes of vigorous activity per week). This is less than the average across Northern Ireland (33%).

Wellbeing:



- 67% of Lisburn and Castlereagh residents felt calm and relaxed after their most recent visit to the outdoors (vs 54% Northern Ireland average).

Nature connection:



- 33% felt closer to nature after their most recent visit to the outdoors (vs 28% Northern Ireland average).

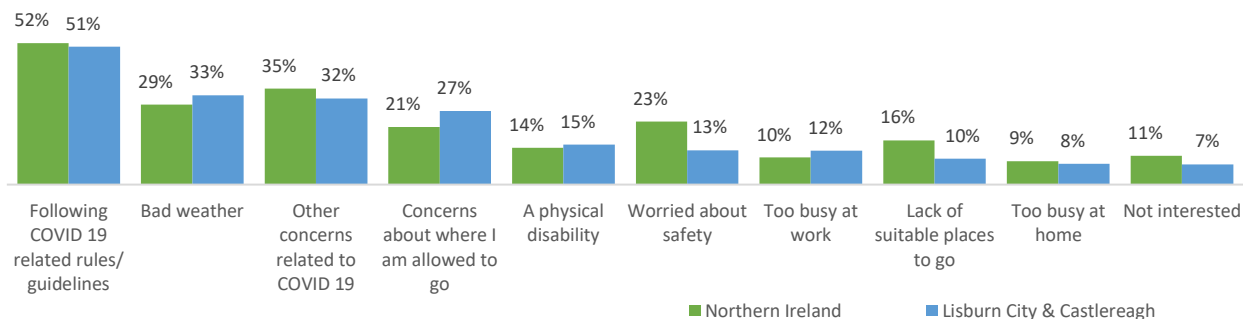
Economic:



- On average of Lisburn and Castlereagh residents spent **£5.40** during an outdoor recreation visit – 21% less than the average across all Northern Ireland visits.

Enabling increased participation in outdoor recreation

Barriers to taking visits to outdoors for recreation amongst infrequent participants



- Unsurprisingly given the fieldwork period, concerns relating to Covid 19 were the most significant barriers to taking more visits to the outdoors. Other issues related to bad weather, concerns about where to go, a physical disability and worries about safety.
- 32% of Lisburn and Castlereagh residents believed that their home was within a 5-minute walk of their nearest green or blue space area – slightly higher than the Northern Ireland average (27%).
- Most agreed that places to spend outdoors were within easy walking distance (77% paths and trails/ 80% green spaces). These levels are higher than the Northern Ireland averages (67% and 72% respectively).